
Wheel-E

vol. 23

October 1st, 2007

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<http://www.cpa-ab.org/clearinghouse/wheel.html>

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Edmonton

Looking for a caregiver?

a 24-hr live-in caregiver is looking for work, \$1,747.07 per month wage expectation. Please contact Jerry Shafer at 780-709-0005 if you are interested. No agency fees.

The Steadward Centre for Personal & Physical Achievement Presents: An Intermediate and Advanced Wheelchair Skills Course

Dates: Thursdays October 4 to November 29, 2007

Time: 1:30 to 3:20pm

Location: Van Vliet Centre, University of Alberta

Instructors: Karen Robinson and Roxanne Ulanicki

For more information or to register please contact : Karen Robinson at 492-7158 or kl.robinson@ualberta.ca

2007 TENTATIVE PEER EVENING SCHEDULE

Schedule is subject to change. For more information call Ross Norton at (780) 424-6312 or 1-888-654-5444 or email: ross.norton@cpa-ab.org

October 3rd - The Litigation Process 7-9 pm
Glenrose Rehabilitation Hospital, Unit 3B, Atrium

The legal system can be a frustrating experience. Rick Mallot from James H. Brown & Associates will be sharing some information about litigation and you will have the opportunity to ask questions.

November 7th - Battling the Bulge 7-9
Glenrose Rehabilitation Hospital, Unit 3B, Atrium

Tips on how to eat sensibly, lose pounds and how to buy the right type of vitamins and supplements for healthy skin and bowel routine.

A word of Advice from a Former CPA Staff Member

TLC Edmonton is a training program for live-in and live-out caregivers. My current attendant took a few courses there that are part of an overall 6 month certification course. Beyond the existence of this course, there are 2-3 current students who will be interested in working with people with disabilities at the completion of their studies, and may even be available now to work. Since I had such a hard time getting a new attendant, and know others are struggling, I thought it might help some clients looking to recruit. For anyone who is reluctant to consider a live-in caregiver for any reason, I'd be willing to discuss my situation personally to give them a different perspective before they shut the door on the idea.

I cannot attest to the value of the course, but agreed to pass the info on to CPA. The proprietor is Shirley Phippen, 443-3505, and the web site is www.tlc-edmonton.com

Submitted by:
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Community Support Services Branch
Alberta Seniors and Community Supports
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Fax: (780) 427-9145
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Attention Hockey Fans

A member of CPA Alberta is unable to use the following Edmonton Oilers 2007-2008 game tickets and would like to sell 2 seats (wheelchair seating) for face value -- \$86.92 including GST (will not sell separately). First come, first served.

Please contact Edgar Jackson by telephone (780) 719-8972 if you are interested.

Tuesday, October 23rd vs Colorado
Friday, December 7th vs St. Louis
Tuesday, December 18th vs Dallas
Friday, December 21st vs New Jersey
Monday, January 7th vs NY Islanders
Wednesday, February 6th vs Chicago
Tuesday, February 12th vs Minnesota
Sunday, February 24th vs Colorado
Sunday, March 2nd vs Columbus
Tuesday, March 4th vs Nashville
Tuesday, March 11st vs St. Louis
Monday, March 24th vs Minnesota

Calgary

Lethbridge

Please Join Us!!

Show your commitment to "Breaking the information barrier" at the official opening of Voiceprint's new Lethbridge broadcast centre.

In addition to the ribbon cutting ceremony, featuring Mayor Bob Tarleck, refreshments will be served.

We look forward to seeing you...
Date: Tuesday, October 2nd 2007

Time: 1 – 4pm (Opening Ceremonies at 1pm)
Where: Suite 14, 740-4th Avenue South, Lethbridge
RSVP: rshort@voiceprintcanada.com (403) 327-6112

United Way Coats for Kids & Family Drive

Coats for Kids & Families is a drive to collect gently used coats and outerwear to help keep everyone warm in the community. This program will respond to a need in Lethbridge and surrounding area by providing warm winter items to children, youth, families, parents, students, schools and social service agencies. Please drop off items to The BRICK or SOBEYS UPLANDS during store hours beginning Saturday, September 22. The program ends October 26.

Thank you for supporting your community!

Community Events

Oct 19th – South Region Self-Advocacy Network Conference. To register please call Judy Coe @ 320-1515 (Small fee)

Oct 28th – Halloween Surprise Event @ the Galt Museum 320-3898

Bingo Volunteers

Lethbridge is still in need of bingo volunteers. If there is anyone interested in volunteering for 2-3 bingo's a year, please call Michelle Jacobs at 327-7577.

Red Deer

2nd Annual Diamonds & Denim Gala

Our Diamonds & Denim Sweetheart Gala will be held February 16, 2008 at the Red Deer Lodge.

We are very excited this year to have **The Dominion of Canada** as our Major Sponsor.

The entertainment at the event will be Duane Steele, a local award winning country music artist.

We will again feature a diamond raffle, live and silent auctions, and great dining and dancing.

For additional information on other sponsorship opportunities or table & ticket sales, please call Paulette or Cheryl at 403-341-5060. Act fast because tickets are limited and will be sold on a first come first served basis!

Grande Prairie

Community Committee on Disability Issues (CCDI)

The Community Committee on Disability Issues (CCDI) hosted three community projects funded through the Peace Country Health Community Action Grant program.

To date, CCDI introduced a P.A.R.T.Y Program in Fairview, Breakfast Program as part of the Rick Hansen Wheels in Motion Event and Awareness Day Program.

The Awareness Day Program was organized by the GP Residential Society and Disabled Transportation Society. The program was on public transit followed by a BBQ at Crystal Lake Park. Travis McNally, who is the Chair Person of CCDI and who is also affiliated with GP Residential Society, coordinated a time line with individuals with spinal cord injuries in manual and electric wheelchairs to ride the public transit to identify the advantages of using public transportation.

[More...](#)

Sports

Do you love skateboarding?

You may have thought at one point that being in a wheelchair could limit you from enjoying the sports you once had a passion for. Well...check out this extreme Wheelchair video found on YouTube and prepare to be amazed!

<http://www.youtube.com/watch?v=d0sIMHXbUUI&mode=related&search=>

Wheelchair Dancing

Not so much into the extreme activities? How about wheelchair dancing? That's right, wheelchair dancing. Don't believe me; click the following link to find out.

<http://www.youtube.com/watch?v=TWcSkMHY80g&mode=related&search=>

Creative Solutions

Power Wheelchair ideas

If you are interested in new ways to maneuver around the office or across town, you might want to click the following links to see new creative ideas for power wheelchairs.

<http://www.youtube.com/watch?v=hcHai06iNZY&mode=related&search=>
<http://www.youtube.com/watch?v=McgD3NJh5zY&mode=related&search=>

Tetra Society

Tetra's focus is on quality of life-anything which enhances someone's ability to participate in all aspects of life, including work, family, community affairs, and recreation. The needs in this area are as numerous, as unique, and as varied as the people themselves. It is Tetra's aim to address those needs. [View Site...](#)

Welcome to Dream Fit

Have you got a disability or do you know someone that does? Are there activities you thought would never be possible?

In 2003, a T6 paraplegic told me if he had one wish, it would be to ride a motorcycle again. I took on a personal challenge to make this dream come true. Since then I have successfully designed and built a [motorcycle](#) that can be ridden without needing to use your legs. This dream is now a reality.

Dreamfit's aim is to provide innovative recreation and leisure equipment for people with disabilities, enabling them to participate in activities they never dreamt possible.

Do you have a dream? [Contact Us!](#)

Swim Diaper

The swim brief (undergarment, also known as a Swim Diaper) is designed for kids & adults dealing with bowel and urinary incontinence. It's great features include:

- High tech stretch polyurethane fabric with soft fleece lining
- Elastic waist & legs for added security
- Velcro Style has fully adjustable sizing that opens up flat, for ease in dressing

[Check it out...](#)

We want to hear your creative Ideas. Please send them to CPAAlbertaNewsletter@cpa-ab.org

For Your Information

Women's Health Confronting Accessibility
L Welch

Self advocating may be the norm in today's overtaxed healthcare system, but communication is the key to opening doors. Ask yourself these key questions - Is your doctor's office accessible? Can you transfer to an exam table? Is the table too high? Too narrow? When was your last complete physical? These questions may seem repetitive, but it is pertinent that individuals with mobility difficulties pursue their annual physical examinations.

Funding Approved for Accessible PAP Clinics in Calgary

Conversation between volunteers from the CPA, the PAP Clinic of Calgary, and Sharon Christie, Outreach Coordinator and cervical screening specialist with the Women's Center at the Foothills hospital, has evolved in two positive directions for women's health. Funding has been acquired through the Alberta Cancer Board for an Accessible PAP Clinic in NE Calgary, and a Mobile PAP Clinic for house bound women with mobility impairments. Women from the Canadian Paraplegic Association, the MS Society, and Clients of the Spinal Cord Clinic in the Calgary area are invited to participate. Watch for updates through mailing lists and public awareness campaigns.

Defining our goals – Accessible Healthcare Initiative.

In order to establish an Accessible Healthcare Initiative we require a clear evaluation on current accessibility issues across the board. Are mobility impaired women losing out on basic healthcare because of accessibility issues? If you or anyone you know is having difficulty in completing an annual physical exam, including a PAP test through the family physician, please let us know by calling – CPA at 1-888-654-5444.

Items for Sale

FREE VAN LIFT:

Crowriver vangater split platform van lift, approx 10 years old, not currently installed in a van, good condition, for more info call Marcel Dufour (780) 864-4306 Spirit River (Grande Prairie area)

Swap and Shop

This service is provided through the CPA website. Province wide people buy and sell used and new equipment. Check it out at:

<http://www.canparaplegic.org/en/204>

Employment and Education

Work at your own pace in the comfort of your own home

If you have an interest in Self Employment and/or Web Design, and consider yourself a person with a disability or chronic health issue please visit the Canadian Society for Social Development website at: www.cssd-web.org

\$5,000 ACCESSIBILITY SCHOLARSHIP

As part of Much More Music's commitment to encouraging participation by persons with disabilities in Canadian broadcasting, MuchMoreMusic is proud to offer the annual AccessAbility Scholarship. Created in partnership with the National Educational Association of Disabled Students (NEADS), this \$5000 scholarship* will be awarded to the individual who best demonstrates skill, talent, excellence and enthusiasm in pursuing a future in the broadcast industry.

*To go toward tuition; payable directly to the post-secondary educational institution

Deadline: November 1, 2007

Application form, scholarship criteria and other details at www.muchmoremusic.com/scholarship

Part time PLAN Coordinator

Do you have a natural talent for connecting people? Are you a social entrepreneur? Planned Lifetime Advocacy Network (PLAN) is seeking a part time program coordinator to recruit, train and mentor facilitators in the development of personal support networks for those who have a disability and are socially isolated, The coordinator will provide support to families and individuals in developing networks. If you have excellent interpersonal skills, knowledge of group & family dynamics, experience with advocacy, monitoring & disability, we'd like to talk to you. Hours of work are very flexible for a self motivated person who is well connected in the Lethbridge area.

Job Duties:

- Assists in developing future plans as required
- Clarifies family expectations for network
- Develops profile of individual
- Recruits & orients facilitator
- Trains facilitators as needed
- Supervises facilitators and acts as mentor to facilitators through regular monthly contact
- Approves the development and implementation of work plans
- Ensures current reporting on each network,
- Acts as liaison for families and facilitators as required.
- Develop partnerships with financial supporters of PLAN

Please forward resume to:

Lethbridge Association for Community Living
527-6th Street South
Lethbridge, Alberta T1J 2E1
Phone (403) 327-2911

Call for Submissions/Subscribers

Please let others know about *Wheel-E*! They can subscribe by emailing or giving us a call.

CPAAlbertaNewsletter@cpa-ab.org

(780) 424-6312 outside of Edmonton use toll-free number: 1-888-654-5444

Please give us your thoughts and feedback on our Newsletter. If you have announcements you would like posted, please submit to:

CPAAlbertaNewsletter@cpa-ab.org

The next issue of CPA (Alberta) *Wheel-E* will be November 1st 2007. First deadline for submissions will be October 25th 2007. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email:

CPAAlbertaNewsletter@cpa-ab.org

For more information about CPA (Alberta) visit our website at

<http://www.canparaplegic.org/ab>

The Canadian Paraplegic Association (Alberta) is a Registered Charitable Association. Charitable Registration # 11883-5016-RR0001. To make an online donation, visit:



<http://www.canadahelps.org/>

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